

we
reimagined
what a
smartphone
can be



hello**moto**

When was the last time you walked into a wireless store and saw something new? Your Moto Z transforms into an entirely different device every time you snap on a Moto Mod.™ motomods.com

different is better

Lenovo™



Innovation
that excites

Rogue Nation



2016 NISSAN
ROGUE® S AWD FROM

\$19,990*



PLUS FREE
WINTER TIRES



CASH FOR CLUNKERS:

\$3,000

Minimum Value On Your Trade

* Plus freight, fees, and taxes with minimum trade in. See dealer for details. Exact vehicle model not shown.



O'REGAN'S
DRIVING HIGHER STANDARDS

NISSAN
HALIFAX
DARTMOUTH

HALIFAX - 3461 KEMPT ROAD • 902-453-2020
DARTMOUTH - 60 BAKER DRIVE, UNIT C • 902-469-8484
OREGANSNISSANDARTMOUTH.COM | OREGANSNISSANHALIFAX.COM

SHOP, SAVE & EARN!

❄️ 2 WEEKS ONLY! ❄️

November 14 – November 27, 2016



Halifax metro

**Boy, there are
a lot of white guys
in these Crown
corporations**
We need more
#WomenOnBoards
metroNEWS

Your essential daily news | TUESDAY, NOVEMBER 15, 2016

High 12°C/Low 9°C Cloudy 🌤️ 📱



Joseph (Joey) Cameron
March 29



Tyler Richards
April 17



Naricho Clayton
April 19



Daverico Downey
April 23



Tylor McInnis
Aug. 23



Shakur Oshay Trevez
Jefferies, Nov. 12

We need to talk about this

**Man behind Stop
the Violence Spread
the Love makes plea
after sixth young
black man killed in
Halifax in 2016**



**Yvette
d'Entremont**
Metro | Halifax

The usually upbeat founder of the Stop the Violence movement described himself as stressed, disheartened and frustrated.

Quentrel Provo was speaking Monday about the gun violence that over the weekend resulted in the sixth homicide this year in Halifax of a black man under 30.

"Our black population isn't that big," he said Monday. "Why isn't this the biggest and most important issue that we're dealing with here in Nova Scotia?"

"We're worried about infrastructure, we're worried about water and all these things. But people are losing their lives either to the casket or to incarceration."

Provo said the issue is societal violence in general, and not restricted to race. But in talking about his own community, he said all levels of government must take it seriously. "These people in the black community that voted for you guys are losing their sons and daughters to violence," he said.

He expressed frustration that supports like trauma counselling aren't provided to communities after these incidents. He said it would help give people productive ways to grieve and cope.

"People get upset and then there's a cycle, then you wonder why the cycle can't be broken? Because they didn't grieve properly," he said.

"They're still angry and hurt and they're going to try and retaliate to the family of the accused.... Kids are growing up angry, going to school, lashing out. Why? Because that young man in my community that I saw around playing basketball that I looked up to is dead."

Provo said it was also devastating to watch young black men dying at each

other's hands.

"Everyone thinks it's a touchy situation but this is reality and we need to stop being silent about it. Our young black men are killing each other. What are we going to do about it?" he asked. "In some instances they're killing their cousins. Family killing family."

Provo believes his anti-violence message is getting through to youth, and that's where his hope lies. He put out a heartfelt plea.

"I'm talking to the guys that are carrying these guns ... if

you have a kid, look at your daughter or your son. They need you. And they need you for their lifetime. So put down the guns," he said.

"To the (loved ones) who know someone that's going down the wrong road ... you do not want to bury that young person. I'm sick and tired of going to funerals of these young men under 30. Grab them now while you can, while their blood is still running. And help them."

More coverage, p. 4



'tis the Season for Shopping.



BANANA REPUBLIC
FACTORY STORE

coconut creek



carter's | OSHKOSH

GUESS FACTORY

Via Burnside / Highway 118 • DartmouthCrossing.com

ALL
2016'S
MUST GO!

THE HYUNDAI
TAX BREAK

**WE'LL PAY YOUR
SALES TAX!**

ON MSRP OF REMAINING 2016 MODELS

**SAVE
\$5000**
TAX INCLUSIVE
SAVINGS

2016 HYUNDAI WAS \$13,899

ACCENT L FR **\$8,899**

SEDAN OR HATCHBACK AND INCLUDES OUR
5 YEAR BUMPER TO BUMPER WARRANTY!

FINANCE: **\$25** PER WEEK*

**INCLUDES
FREE
SNOW TIRES***

**SAVE
\$4890**
TAX INCLUSIVE
SAVINGS

2016 HYUNDAI

ACCENT LE FR **\$11,559**

ALL THE FEATURES OF THE ACCENT L PLUS
AUTO TRANSMISSION, AIR, REMOTE START
& MORE!

FINANCE: **\$31** PER WEEK*

2016 HYUNDAI
TUCSON

PREMIUM FWD
WAS \$26,699

\$22,990*

2016 HYUNDAI
TUCSON

PREMIUM TURBO AWD
WAS \$31,549

\$26,990*

2016 HYUNDAI
TUCSON

LIMITED TURBO AWD
WAS \$36,649

\$31,490*



2016 HYUNDAI
GENESIS

PREMIUM AWD
WAS \$43,600

\$37,900*

JUST
1
LEFT!!

2016 HYUNDAI
GENESIS

LUXURY AWD
WAS \$48,600

\$41,900*

JUST
1
LEFT!!



2016 HYUNDAI
SONATA

GL MODEL
WAS \$26,699

\$22,990*

PLUS
0%
FINANCE

2016 HYUNDAI
SONATA

LIMITED
WAS \$34,099

\$28,990*

PLUS
0%
FINANCE

2016 HYUNDAI
SONATA

ULTIMATE
WAS \$35,699

\$29,990*

PLUS
0%
FINANCE



2016 HYUNDAI
SONATA

HYBRID GL MODEL
WAS \$29,649

\$24,990*

PLUS
0%
FINANCE

2016 HYUNDAI
SONATA

HYBRID LIMITED
WAS \$33,799

\$28,990*

PLUS
0%
FINANCE



2016 HYUNDAI
VELOSTER

BASE MODEL
WAS \$18,599

\$13,990*

PLUS
0%
FINANCE

2016 HYUNDAI
VELOSTER

TURBO MANUAL
WAS \$27,199

\$20,599*

PLUS
0%
FINANCE

2016 HYUNDAI
VELOSTER

TECH AUTOMATIC
WAS \$25,649

\$19,990*

PLUS
0%
FINANCE



2016 HYUNDAI
ELANTRA GT

LIMITED WITH AUTOMATIC
WAS \$27,349

\$22,990*



2017 HYUNDAI

SANTA FE & ELANTRA DEMO CLEAROUT!

ELANTRA LIMITED

JUST 4,000KM
WAS \$26,249

NOW **\$23,693***

SANTA FE LIMITED

JUST 14,000KM
WAS \$44,799

NOW **\$37,940***

SANTA FE ULTIMATE

JUST 9,000KM
WAS \$48,099

NOW **\$41,204***

SANTA FE ULTIMATE

JUST 14,000KM
WAS \$48,099

NOW **\$40,199***

SANTA FE ULTIMATE

JUST 15,000KM
WAS \$48,099

NOW **\$39,843***



**HUGELY OVERSTOCKED!
ALL 2016'S MUST GO!
BEST PRICES OF THE YEAR!**

3625 Kempt Road
Halifax, Nova Scotia
Local: 902.982.3980

www.steelehyundai.com

Steele
HYUNDAI



**On select in-stock models only. *Plus freight tax and fees tax rebate to dealer. All offers valid on in-stock models only. *Snowtires included in L and Le Accents with Steele Financing.

Posters counter-punch divisive politics with love

COMMUNITY

Bookbinder takes message of hope into city streets



Adina Bresge
For Metro | Halifax

A Halifax bookbinder says in times of trouble printers must take to the presses, and with Donald Trump's presidential victory Katherine Victoria Taylor felt she had something to say.

Taylor and around a half-dozen friends walked down Gottingen Street close to midnight Wednesday armed with nothing but staplers, a stack of paper and a simple message.

"Love still can trump hate," the posters announced in bold, all-caps letters.

The campaign has since spread to the south-end on Spring Garden Road and Barrington Street, and Taylor is fielding requests from people who want copies for their homes and offices.

"I wanted to put a little hope out there, because a lot of people seemed really hopeless," Taylor said Monday.

"I think that's completely justified. I know I still waver between those emotions, but



Katherine Victoria Taylor holds some of the letterpress signs she made at Dawson Print at NSCAD University following the U.S. presidential election. JEFF HARPER/METRO

I think it's important to hold onto hope best as you can — and take action."

A part-time instructor at NSCAD University, Taylor says the campaign began as an "impulse" in the wake of last week's post-American election hangover.

The day after the results

It's important to hold onto hope best as you can — and take action. Katherine Taylor

came in, Taylor tried to move through routine as she normally would, but a thought kept nagging at her: how could millions of our neighbours

to the south have voted for a man she considered to be "extremely racist and bigoted" as their next leader?

"I think we all thought

things were slowly getting better," Taylor says. "Not quick enough for some people, but I think this is a big warning sign that things are not as good as we hoped."

In response to Trump's divisive campaign, Taylor decided to counter-punch with a purely positive message. Liberal or conservative, nasty woman or basketed deplorable, who can't get behind love?

"I hope when they see my posters, they think about how necessary it is to connect to our community," says Taylor. "It's putting a lot on a little piece of paper ... but I hope it inspires people to know that everything can count."

Taylor has printed around 150 posters so far, and in response to public demand, she hopes she'll soon be able to sell them for charity. She wants to donate half the proceeds to Quentrel Provo's Stop the Violence Scholarship Fund and the other half to an organization in the United States.

As unsettling as Trump's win has been for her, Taylor says there may be a "silver lining" to having a golden-haired reality star in the White House.

"I think a lot of people look at what's happening and realize they can't wait for someone else to do something," Taylor says. "We all have to start doing things now."

MACDONALD BRIDGE

Increasing safety for cyclists



Haley Ryan
Metro | Halifax

Residents are invited to weigh in on ways to make it easier for cyclists to use the Macdonald Bridge.

The municipality is holding three Bikeway Connector Project open houses this week.

According to an HRM release, the project will eventually lead to recommendations to regional council on how to improve the bicycling connections between the Macdonald Bridge, nearby neighbourhoods and beyond.

City staff and project consultants will be on hand to provide details on options that would make it safer to connect with the Macdonald Bridge bikeway.

Options being considered include new structures for both bridge approaches, plus improved cycling routes on connecting streets.

Open houses are Wednesday 6 to 8 p.m. at the Italian Cultural Centre at 2629 Agricola St., and twice Thursday, noon to 2 p.m. and 5 to 8 p.m., at the Alderney Landing Rotunda in Dartmouth.

+ HAVE A SAY

Public open house materials and a survey will be available online at <http://shapeyourcityhalifax.ca/bikeway-connector-project> by Thursday.

LET US DECK YOUR HALLS!

Order our Santa Combo Meal and Get a FREE Santa Can Glass!

Traditional Turkey Dinner, Homemade Stuffing, Mashed Potatoes, Mashed Turnip & Carrots, Gravy, Cranberry Sauce and Roll. Includes Coffee, Tea or Pop.

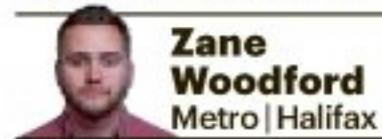
ONLY \$16.99



Chaos in the courtroom as shooting accused appears

COURT

Large group tries to attack rapper charged with murder



Zane Woodford
Metro | Halifax

Chaos broke out in a Halifax courtroom on Monday during the first court appearance for the man charged with murder after a weekend shooting in the city.

Carvel Clayton, 21, was arraigned Monday on a charge of second-degree murder in the Saturday shooting death of 21-year-old Shakur Jefferies.

There was a large group of people in the courtroom for Clayton's appearance, and as sheriffs led him out of the room, one person yelled, "Get him!"

A crowd of people rushed the door, climbing over each other trying to reach Clayton. Sheriffs outside rushed Clayton into an elevator and back down into cells as sheriffs and police inside the courtroom tried to control the tense situation. One sheriff was knocked over as a man rushed out of the courtroom.

After being told to calm down, one person in the group said, "He took my best friend," another, "How am I supposed to be calm when he killed my



A man knocks over a sheriff as he chases Carvel Clayton at Halifax provincial court on Monday.

JEFF HARPER/METRO

brother?"

No one was allowed to leave the courtroom until the situation calmed down, and multiple people were crying.

Minutes earlier, Clayton, dressed in a red sweatshirt and blue pants, with a swollen black eye, sat quietly as lawyers set his next court date, Dec. 2.

In the meantime, if he wants to apply for bail, he'll have to

do so in Nova Scotia Supreme Court.

Police responded to "numerous" 911 calls of shots fired in the area of 610 and 650 Washmill Lake Dr. at about 5 p.m. on Saturday, and found Jefferies' body in the parking lot between the two buildings.

Five people were arrested shortly after. Three were released on Sunday, one was

taken into correctional custody and had his parole revoked, and Clayton was charged Sunday evening.

Court documents list Clayton's address as 610 Washmill Lake Dr.

Clayton, a rapper who released a song this past spring calling for an end to gun violence in Halifax, was convicted in June of assault causing



Carvel Clayton prior to appearing in Halifax provincial court. JEFF HARPER/METRO

bodily harm, and handed a suspended sentence, prohibited from owning firearms, and given one year of probation.

+ NO COMMENT

Carvel Clayton's lawyer, Trevor McGuigan, had no comment for media after the appearance on Monday.

'Crisis in our city'

After a shooting left a young man dead this past weekend, a local anti-violence advocate says we need "all hands on deck" to fix the problem of gun violence in Halifax.

"I think it just shows that we have a crisis in our city, specifically among the African Nova Scotian community," CeaseFire Halifax senior outreach worker Carlos Beals said of the news that Shakur Jefferies was killed.

"We just lost another two lives, essentially, in the African Nova Scotian community, so we need to do more."

Beals said the killing — the 10th homicide of 2016 — shows the need for more prevention programs like CeaseFire, and more support for communities affected by violence.

"There's not one person to blame for this problem. We all need to work together. We are all part of the solution, collectively, together," he said.

Part of that solution, Beals said, is societal change.

"When you have so many people in one environment with little resources, little opportunity, they start to turn on one another," he said.

He recalled a study he read about rats kept in a cage. When fed properly they got along fine. When food and water was taken away, they turned on each other.

"I don't know why we as humans think that there's an exception, that when we stick so many people in one environment with a lack of resources, that these people are expected to thrive," Beals said. "We need resources, we need opportunities, we need all hands on deck. This is not a north end Dartmouth problem, this is not a Fairview problem, this is everybody's problem."

ZANE WOODFORD/METRO



YOUNG DRIVERS®

We Save Lives

Limited Seating. Call Today to Enroll.

Halifax - November 16th - Evening

Dartmouth - November 16th - Evening

Bedford - December 13th - Evening

GDL Exit & Point Reduction - November 19th - Saturday

902.425.1322 • yd.com/Halifax

New Classroom in Bedford Place Mall



DRUGS

More than 2,100 Nova Scotians given high-dose prescriptions

More than 2,100 Nova Scotians have been given big-dose prescriptions of highly addictive painkillers this year, and addiction experts say the "disturbing" number demands the province must reform doctors' prescribing habits.

Figures indicate 2,113 patients are receiving levels of opioids of 200 milligrams or more per day of morphine — enough to cause a fatal overdose to a newcomer to opioids.

Dr. Gus Grant, the registrar of the province's College of Physicians and Surgeons, said the college is continuing to monitor physicians' prescribing habits, and has been stepping up efforts to educate physicians to shift away from large prescriptions.

"To me it's a disturbing number. It indicates we have a large cohort of patients maintained on dosages of medicine that are really unsupported by evidence and which exposes these patients to risks that exceed the benefits," he said.

"It demonstrates the problem is of a scale that few outside the medical profession can really appreciate."

He said it's important to recall that about one fifth of the patients are being treated for cancer and may need larger prescriptions for end-of-life care, and said he's encouraged the prescription monitoring program's figures show a decrease from the 2,507 patients on opioids in 2015.

The figures come weeks after the province announced a task force to consider ways to avoid a British Columbia-style overdose epidemic, while informing the public there have been 49 opioid-related deaths caused both by street drugs and prescriptions.

The Canadian guidelines were created in 2010 by the national pain centre at McMaster University.

They say chronic non-cancer pain can be managed effectively "in most patients" with the dosages of 200 milligrams per day of morphine or the equivalent. The Nova Scotia college has gone further, adopting as "best practice" a guideline from the U.S. to avoid doses in excess of 90 milligrams.

THE CANADIAN PRESS

TODAY ONLY!

IN STORE AND AT THEBAY.COM
FREE ONLINE SHIPPING ON ORDERS OF \$99 OR MORE*

Tuesday,
November

15

Save 50%
\$44⁹⁹

Queen. Regular \$89.99

Flannel sheet sets by
DISTINCTLY HOME and **DH**

100% cotton. 16" pocket fits up to an 18" mattress.
Available in twin to king sets, which include one flat
sheet, one fitted sheet and two pillowcases (twin set
includes one pillowcase). DH not available in king size.
Regular \$69.99 to \$99.99 Sale \$34.99 to \$49.99

Exclusively ours

40% off other flannel bedding collections, throws and
blankets by **DH**, **DISTINCTLY HOME** and **GLUCKSTEINHOME**.
Regular \$24.99 to \$189.99 Sale \$14.99 to \$113.99



50% off **BEAUTYREST BLACK** electric blankets,
throws and mattress pads. Regular \$119.99 to \$279.99 Sale \$59.99 to \$139.99

Exclusively ours

Plus, 50% off pillows and duvets**



HUDSON'S BAY



2017 RED MITTENS

\$15

Hudson's Bay has raised over \$29 million for Canadian Olympic
athletes through Red Mitten sales. \$3.90 of every \$15 purchase
goes towards the Canadian Olympic Foundation. Exclusively ours



No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. Excludes Hudson's Bay Company Collection. See in store for details. ***FREE SHIPPING:** Receive free standard shipping on a total purchase amount of \$99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses. ****Pillows and duvets** exclude clearance merchandise, Tempur-Pedic and Essential Needs.




DESIGNER CRAFT SHOW
AT THE CUNARD CENTRE
NOVEMBER 18-20, 2016

Designer Craft Show at the Cunard Centre

Meet Your
Makers



Free
PARKING

Cunard Event
Centre on Pier 23

961 Marginal Road,
Halifax Waterfront

Friday 10am-9pm
Saturday 9am-5pm
Sunday 10am-5pm

\$7/day · \$9/weekend
Student, Senior, Family & Group
of Seven Discounts Available



Show this ad at the door for \$1 off regular adult admission



Toronto pastor Brent Hawkes arrives at provincial court in Kentville last week.

DARREN CALABRESE/THE CANADIAN PRESS

Pastor performed sex act, trial hears

INDECENCY CHARGES

Witness says he saw Hawkes assault teen at trailer in '70s

A man testifying at the trial of a well-known Toronto pastor says he saw the religious leader perform a sexual act on a teenage male at a Nova Scotia home in the 1970s.

"I couldn't believe it," the man testified in Kentville provincial court Monday at the trial of Rev. Brent Hawkes, an influential gay rights advocate who officiated at former NDP leader Jack Layton's state funeral in 2011.

The witness said he knew Hawkes when he was a student and Hawkes was a basketball coach at a school in the Annapolis Valley.

He said he was about 16 years old when a group of people went drinking at a local tavern, and then to Hawkes' home. The witness said he remembers only

a few things about that night.

Hawkes took the young man to a bathroom, and told him he had been watching him, and was "80 per cent sure I was gay," he said. "It was uncomfortable. It was very uncomfortable," he said, later telling the defence he felt that Hawkes was hitting on him.

Hawkes then started talking about Jesus and God and his own spirituality, and said he could feel God's hand in his own hand, the man testified.

He said they returned to the living room, and he later looked over to see Hawkes performing oral sex on his friend.

Hawkes, wearing a black suit with a burgundy tie, clutched a black notebook as he walked



It's not so much what I remember but what after 40 years I've been unable to forget.

Trial witness

into court Monday. He sat in the front row of the gallery and listened intently to the testimony.

Defence lawyer Clayton Ruby appeared to question the witness on the accuracy of his memories of the evening, noting that last year he told police how many people were in the trailer home that night, but he could not recall that on the stand Monday.

"It's not what I remember sir. It's what I cannot forget," the witness said. "After 40 years I'm trying to forget everything I can about that night."

Hawkes has pleaded not guilty to charges of indecent assault and gross indecency. Nova Scotia's Public Prosecution Service has said the alleged victim was 15 or 16 years old.

When asked by the Crown if there were physical acts that happened at the trailer, the witness put his head down for several seconds and replied, "Yes."

The witness also testified that he later saw Hawkes go down the hallway of the trailer nude with another one of his school friends. THE CANADIAN PRESS

COURTS

Young mother is jailed over pimping two teenage girls

A young Halifax mother has been jailed 30 months on pimping-related charges involving two girls aged 14 and 15.

Tashlynn Shaw admitted driving the girls to meet clients, booking hotels for them and buying them liquor.

Both girls had already been

working as prostitutes, but she admitted to coercing both into continuing such work.

Judge Robert Wright of the Supreme Court of Nova Scotia said Shaw's "very destructive behaviour" exploited "the vulnerability of two young girls."

The 25-year-old single moth-

er pleaded guilty to two counts of living off the avails of underage prostitutes, two charges of exercising control over them, and a single charge of assault with a weapon on the younger girl. Sixteen other charges were dropped.

THE CANADIAN PRESS

World talks focus on tuna quotas

FISHERIES

Conservation group hopes Canada will protect them

A Halifax environmental group is hoping delegates at an international fisheries meeting will maintain quotas for the western Atlantic bluefin tuna to help restore the beleaguered stock.

Katie Schleit of the Ecology Action Centre is at the International Commission for the Conservation of Atlantic Tunas in Portugal this week, along with delegates from 50 countries discussing the management of tuna and tuna-like species, such as swordfish and sharks.

Decisions coming out of the annual meeting will determine how fisheries in the Atlantic

+ SHARK QUOTA

Ban on shark finning

The commission will also discuss shark populations and a possible strengthening of its ban on shark finning and catch limits for blue sharks.

and Mediterranean are managed.

Schleit says the western bluefin tuna population is at 55 per cent of its level in the 1970s, with the quota being increased to 2,000 metric tonnes from 1,750 metric tonnes for 2015 and 2016.

She'll be watching Canada's position, since it recently recommended that the species should not be listed under the Species at Risk Act despite its endangered status.

THE CANADIAN PRESS



A bluefin tuna on display at the Halifax Waterfront during the Nova Scotia International Tuna Tournament in 2005.

ANDREW VAUGHAN/THE CANADIAN PRESS

GUARDIANSHIP

Public input sought on protecting vulnerable



Haley Ryan
Metro | Halifax

The province is opening up consultation on how to better protect vulnerable people under guardianship.

According to a justice department release Monday, the consultation will involve in-person meetings and a survey at novascotia.ca/adultguardianship/.

The deadline for comments is Nov. 30.

The province declared its Incompetent Persons Act invalid in June after Landon Webb had his "mentally incompetent" status

overturned by the Nova Scotia Supreme Court.

His case attracted attention last October after he left a rehabilitation centre for several weeks, was found safe in Edmonton and returned home where he appeared in local media saying he is not incompetent.

The province wants to hear from people with family members under guardianship orders, past and present. Contact Allyson O'Shea at 902-424-6094 or at adultguardianship@novascotia.ca.

The Act will be replaced with modern guardianship law in spring 2017.

WITH FILES FROM THE CANADIAN PRESS

IN BRIEF

Charges laid in shooting

Police have laid charges against the victim of a shooting this weekend.

After a shooting victim was released from hospital Sunday, police searched his home on Redden Court in Bedford for evidence. They found an unsecured firearm, cash and drug paraphernalia.

The 29-year-old Bedford man is scheduled to appear in Halifax provincial court at a later date to face weapons related charges.

At this time investigators do not believe that this is a random act, and are exploring whether the incident is drug related.

METRO

STOP AND LOCK

Crosswalk Safety Awareness Day, November 15.

WIN A \$100 VISA GIFT CARD!

All you need to do is share your tips and examples of how crosswalks can be safer for everyone by posting a message, video, or picture on Facebook, Instagram, or Twitter with the hashtags

#HeadsUpHalifax and #contest.

Learn more at halifax.ca/headsuphalifax



IN BRIEF

PM touts economic stability

Canada has no reason to worry about competing with the U.S. under incoming president Donald Trump when it comes to attracting international money, Prime Minister Justin Trudeau said Monday. Speaking after a meeting with some of the world's wealthiest investor groups, Trudeau said it's just a matter of making sure the world's would-be investors are aware of Canada's potential.

THE CANADIAN PRESS

Refugees, wildfires push food-bank numbers up

An influx of Syrian refugees along with the impact of wildfires and low oil prices in Alberta drove a 1.3 per cent increase in the number of people using food banks in Canada in 2016 compared to the previous year, a new report says.

HungerCount 2016, to be released Tuesday, shows 863,492 individuals relied on a food bank in March, up from 852,137 in March, 2015, with eight out of 10 provinces experiencing a hike and three showing surges of more than 17 per cent. TORSTAR NEWS SERVICE

Drug decriminalization has possible benefits: Report

Alternatives to criminalizing a variety of illicit drugs in Canada could result in lower rates of use and fewer harms such as addiction, overdoses and infectious diseases, says an internal federal study.

The Justice Department research paper stresses there are healthier and less costly ways of addressing the problem of illegal drug use, and that the biggest hurdles might be political — not practical — ones.

THE CANADIAN PRESS



Declan Murphy's nephews outside the houseboat. COURTESY DECLAN MURPHY

Have a boat, Ireland — it's on the house

SPECIAL DELIVERY

Canadian man sends a gift to homeless youth across an ocean

Almost 3,300 kilometres away from where it started its voyage, a Canadian houseboat mysteriously washed up on the shores of Cross Beach in Belmullet, Ireland, early Monday morning.

The Ballyglass Coast Guard secured and pulled the boat out of the water. An onlooker described it as an "unusual vessel."

During its investigation, the coast guard found a message written on the walls:

"I, Rick Small, donate this structure to a homeless youth. To give them a better life than Newfoundlanders choose not to do! No rent. No mortgage. No hydro."

Photographs of the boat, described as a combination of "scraps," have been shared widely, publicized by Irish media outlets. Quite a few people made their way out to the beach to take a look inside the craft.

"(I was) intrigued to see how this man-made vessel from all sorts of leftover materials ... could make such a treacherous journey," Declan Murphy, a U.K. resident who is visiting his parents in Belmullet, said. After hearing about the inci-



Writing found inside the boat. COURTESY DECLAN MURPHY

dent on local radio, Murphy decided to bring his two nephews down to the beach to see the vessel. Murphy described the craft as made out of car tires and wood planks, and held

together with what appears to be "road tar."

Murphy said that it was easier for his nephews to stand inside the vessel than it was for him as there is only around four feet of clearance between the ceiling and the floor.

"Hopefully there was nobody aboard it when it drifted from Canada," he said. "I definitely wouldn't want to be doing that journey."

Just as mysterious as the vessel's appearance is the whereabouts of the person who appears to have built it.

Rick Small, a native of Thunder Bay, Ont., is known as the man who rode from B.C. to St. John's on a solar-powered bike in 2015. TORSTAR NEWS SERVICE

SPIES

Don't get caught catching 'em all

Canada's spies are guarding against a new threat to operational security: Pokémon.

Canada's electronic spy agency issued guidelines for spooks and employees playing Pokémon Go, a popular augmented reality game for mobile devices based on the hit 1996 Nintendo game.

The game uses a phone's GPS and camera to catch and battle Pokémon in the real world — players collect, train and fight Pokémon at "Pokéstops" and "gyms" attached to locations like churches and restaurants.

But because the game requires location and camera data to play, it poses a risk to people who would rather not be tracked: like employees of the Communications Security Establishment (CSE), Canada's powerful electronic spying agency.

The guidelines were circulated by CSE's American counterpart, the National Security Administration (NSA). They recommend a number of steps to avoid detection while training to be the very best Pokémon master.

"Note that the information (used) by the game in the course of regular play could be used to deduce pattern of life," the unclassified memo reads.

The agency also recommended creating a dummy Google account, using a fake name not associated with your other online activities, like "Professor Oak." Trainer names should likewise avoid using real names or biographical information, such as birthdays.

CSE also noted that camera data could be used to deduce location — if you caught a Pokémon in front of a street sign or recognizable landmark, for instance. The agency pointed out, perhaps with a little disappointment, that there were no Poke-stops or gyms at its new multibillion-dollar headquarters in Ottawa. TORSTAR NEWS SERVICE



AFP/GETTY IMAGES

IMMIGRATION

Trump exodus could work to attract talent to Canada



Haley Ritchie
Metro | Ottawa

Could the much-talked-about Trump exodus have Americans requesting northern transfers en masse and help Canada attract talent? The answer is a maybe — it depends if their interest is just nervous curiosity or a real desire to relocate.

Andreas Schotter, a researcher at Western University who stud-

ies labour mobility, said right now there is certainly a lot of talk about American immigrants influencing Canada's job market.

"It's not as easy as many people think," said Schotter. "I don't see this easy transition where we'll open the flood gates and all these Americans will come over."

Schotter said immigration laws in Canada are strict — companies need to demonstrate that they can't fill the position with a Canadian. Successful people

coming from the United States will also face a reality of higher taxes, a weak loonie and a different culture.

In his view, the election results might actually be an opportunity.

"I wish in Canada we would take more advantage of this. At the end of the day, the global employment world is changing. Highly qualified people will always be more mobile. If you make it difficult for them to migrate, you have a problem," he said.

TORONTO

Two injured after plane nearly hits flying object

A drone? A weather balloon? A piece of garbage swept up by the wind?

The pilots of a Porter Airlines flight inbound to Toronto on Monday morning were forced to put their plane into a sudden dive to avoid a midair collision with an unidentified object high over Lake Ontario, causing minor injuries to two flight attendants.

Now investigators with the Transportation Safety Board of Canada admit they have a puzzle on their hands to de-

termine exactly what the pilots had to avoid.

"Nobody knows at this point. It happened so quick," said Peter Rowntree, senior regional investigator with the safety board.

"We've got our work cut out trying to figure out what this unidentified flying object was. What did they encounter?" Rowntree said in an interview.

"It definitely wasn't a bird. It was a fairly large object," he said, describing it as up to three metres wide. TORSTAR NEWS SERVICE

#WomenOnBoards

Got it right

The National Arts Centre is one of only four Crown corporations where women outnumber men at the board table.



Adrian Burns, far left, NAC Board of Trustees chairwoman, with fellow board members. CONTRIBUTED



Ryan Tumilty
Metro | Ottawa

Most Crown corporations fall short of gender parity on their boards — but a select few do have more women than men.

A Metro Ottawa analysis found only four of the 42 federal Crown corporations have boards with more women than men.

Those boards are:

- The National Arts Centre, where five of the nine current board members are women;
- The Federal Bridge Corporation, where five of the seven board members are women;
- The International Development Research Centre, where

seven of the 12 board members are women; and,

- The Canadian Museum for Human Rights, where seven of the 10 board members are women.

The NAC's board chair, Adrian Burns, said the balance on their board was not something they deliberately sought out, but it reflects a strong group of applicants.

"It was merit-based, because they were all on a list of three to four finalists," she said. "Their contribution is most certainly equal to any other group that could be or has been appointed."

Burns, who also serves on several private boards, said she doesn't notice a large difference with the majority female board,

but she says she believes that women do have different approaches than men.

"They're very detail-oriented, and so I think we probably have a level of scrutiny that would match any board anywhere, corporate or Crown," she said.

She said the NAC is always trying to expand its reach, highlighting the search for a new artistic director of Indigenous Theatre.

She said that's just one example of where they are trying to better reflect Canada's diversity, and she hopes the federal government considers that when they make their board appointments.

"We would hope that the government is looking towards that for our board members as well."

Got it wrong

The Laurentian Pilotage Authority and the Canadian Dairy Commission are the only Crown corporations currently without any women on their boards.

The only thing in the photograph of the Laurentian Pilotage Authority's board that sticks out is the bow tie.

The seven members of the Crown corporation's board are all white — and all men.

A review by Metro Ottawa found the authority, along with the Canadian Dairy Commission, are the only two of the federal government's 42 Crown corporations without any women on their boards.

The authority manages sea traffic in the St. Lawrence River, helping to guide large ships through the river and into harbours.

Pilotage authority CEO Fulvio Fracassi said they're aware there is a problem and they are encouraged by the federal Liberal government's efforts to open up board memberships.

"The Laurentian Pilotage Authority is fully supportive of this initiative and we're collaborating with the minister's office and Transport Canada," he said.



Board of the Laurentian Pilotage Authority. CONTRIBUTED

Fracassi said that while the federal cabinet approves the agency's board members, they reach out to industry to find suitable candidates and are encouraging companies to look within their ranks for potential board members.

He said some of the current board members' terms have expired and they hope to have replacements soon.

The government has three other Crown Corporations with similar mandates — the Great Lakes Pilotage Authority, which has seven seats and one woman on its board; the Pacific Pilot-

age Authority, which has seven seats and three women; and, the Atlantic Pilotage Authority, which has seven seats and three women.

The industry remains largely male-dominated, Fracassi said, making it harder to find candidates from which to draw.

"The industry itself is not very diverse," he said. "If you look at the number of pilots it's primarily composed of men."

No one from the Canadian Dairy Commission was available to speak with Metro, despite repeated attempts over several days. RYAN TUMILTY/METRO

SAINT MARY'S UNIVERSITY SINCE 1802

Be your potential

A T-SHIRT THAT CAN DETECT DISEASE IS BEING DEVELOPED HERE

OPEN HOUSE

November 19 | November 24

smu.ca/openhouse

BLACK FRIDAY ON ALL MONTH

2016 TRAX LS FWD

MSRP \$24,295 NOW FROM **\$18,999*** **SAVE \$5,296***

FEATURES:

Automatic Transmission, Air Conditioning, Power Windows, Power Door Locks w/ Remote Keyless Entry, Bluetooth Connectivity, 4G wifi

ALL NEW VEHICLES COME WITH:

CHEVROLET COMPLETE CARE	2 YEARS/48,000 KM COMPLIMENTARY OIL CHANGES**	5 YEARS/760,000 KM POWERTRAIN WARRANTY*	5 YEARS/760,000 KM ROADSIDE ASSISTANCE*
-------------------------	---	---	---

CHEVROLET

O'REGAN'S DRIVING HIGHER STANDARDS®

CHEVROLET | BUICK GMC | CADILLAC

2477 ROBIE STREET
902-422-8551
OREGANSONROBIE.COM

* See dealership for more information. \$18,999 purchase price + fees and taxes. Offer ends November 30th.

When Putin calls, Trump answers

U.S. POLITICS

Russian leader, president-elect talk terrorism, stronger ties

Russian President Vladimir Putin and President-elect Donald Trump spoke over the phone Monday to discuss future efforts to improve the U.S.-Russian ties, the Kremlin and Trump's office said.

"President-elect Trump noted to President Putin that he is very much looking forward to having a strong and enduring relationship with Russia and the people of Russia," Trump's office said in a statement.

The Kremlin said that Putin congratulated Trump on his victory and expressed Russia's readiness to "establish a partner-like dialogue with the new administration on the basis of equality, mutual respect and non-interference in domestic relations."

Trump's office said that Putin called him to "offer his congratulations on winning a historic election."

"During the call, the two lead-



Vladimir Putin called Donald Trump on Monday to "offer his congratulations." LEFT: THE ASSOCIATED PRESS; RIGHT: AFP/GETTY IMAGES



ers discussed a range of issues including the threats and challenges facing the United States and Russia, strategic economic issues and the historical U.S.-Russia relationship that dates back over 200 years," it said.

In its readout of the phone call, the Kremlin added that both Putin and Trump agreed that the U.S.-Russian ties are in "extremely unsatisfactory" condition now.

"They spoke for active joint work to normalize ties and engage in constructive co-operation on a broad range of issues," it said, adding that Putin and

Trump emphasized the need to develop trade and economic co-operation to give a strong basis to U.S.-Russia relations.

Putin and Trump also agreed on the need to combine efforts in the fight against their No. 1 enemy — "international terrorism and extremism" — and discussed the settlement of the Syrian crisis in that context, according to the Kremlin.

It said that Putin and Trump agreed to continue phone contacts and to plan a personal meeting in the future.

THE ASSOCIATED PRESS

+ BACKGROUND

Trump said during the presidential campaign that he wants to be friends with Russia and join forces in the fight against Daesh, yet he outlined few specifics as to how he would go about it.

President Barack Obama began his presidency with a goal to "reset" ties with Russia, but they eventually plunged to the lowest point since the Cold War over the conflicts in Ukraine and Syria.

Throughout the campaign, the Kremlin insisted that it had no favourites and rejected the claims of interference in the U.S. election.

Russia's state-controlled media, however, made no secret of their sympathy for Trump.



NEW ZEALAND SCARED COWS Three cows stand stranded near Kaikoura, New Zealand, on an island of grass in a paddock that was ripped apart after an earthquake Monday that triggered landslides and a small tsunami. New Zealand planned to send in military helicopters and a navy ship to rescue about 1,000 tourists and hundreds of residents who were stranded in the coastal town of Kaikoura after train and vehicle access was cut off. NEWSHUB/THE ASSOCIATED PRESS

ITALY

McDonald's made a Nutella burger, because of course they did



There's no meat in the Sweet 'n' Cream Nutella. MCDONALD'S ITALY

McDonald's Italy has added a new item to its menu: the Nutella burger.

The announcement of the "Sweet 'n' Cream Nutella" on the restaurant's Italian Facebook page late last week caused an online frenzy.

Before panic could set in, it became clear that the "burger"

is, in fact, meatless.

It consists of only a bun filled with Nutella.

By midday Monday, the Facebook post had been shared more than 90,000 times and received more than 73,000 comments.

The burger will cost two euros and be served at all 540 McDonald's and McCafés in Italy,

according to a press release.

"Sweet 'n' Cream is the sweetest burger ever sold at McDonald's," read the press release.

Social media users from across the world rejoiced over the fast food chain's newest menu addition. But many were disappointed it's not yet offered outside of Italy. But others were not so

pleased with the new burger.

The Nutella burger is not the first specialty item McDonald's has offered over the years. To name only a few, in the past they have also made McRice Burgers in the Philippines, McLobsters in Canada, McFalafels in Israel, and, in Japan, Squid Ink Burgers.

TORSTAR NEWS SERVICE

THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Niall Horan
This Town
- 5 Twenty One Pilots
Heathens
- 4 Bruno Mars
24K Magic
- 3 Halsey ft. Zedd
Starving
- 2 Hedley
Can't Slow Down
- 1 Ariana Grande
Side To Side



Find the Virgin Radio app on the App Store or Google Play

WIKILEAKS

Assange questioned about sex assault

Prosecutors were finally able to question WikiLeaks founder Julian Assange Monday about a possible sex crime in Sweden six years ago.

They did not comment on the closed-door proceedings at the Ecuadorian Embassy in London where Assange has lived for more than four years to avoid extradition to Sweden and possibly to the United States.

The long-delayed interview is expected to continue Tuesday and possibly extend beyond

that. Assange's version of events, and a possible DNA sample, will shape Swedish prosecutors' decision on whether to charge him.

The questioning was being led by an Ecuadorian prosecutor in the presence of Swedish prosecutor Ingrid Isgren and a Swedish police investigator.

The Swedish investigation into possible sexual crimes began when two women Assange met in Sweden in 2010 complained to authorities.

THE ASSOCIATED PRESS

Manning asks Obama to commute sentence

Chelsea Manning, who is more than six years into a 35-year sentence for leaking classified government and military documents to WikiLeaks, is asking U.S. President Barack Obama to commute her sentence to time served.

In a commutation application released by her attorneys, the transgender soldier said there was no historical precedent for such an extreme sentence for the leak of documents.

Manning was arrested in 2010 and convicted in 2013 in military court of six Espionage Act violations and 14 other offenses for leaking more than 700,000 secret military and State Department documents, plus some battlefield video to WikiLeaks. At that point she was known as Bradley Manning.

She is in custody at the military prison at Fort Leavenworth, Kansas.

THE ASSOCIATED PRESS

Miss Transgender crowned

INDONESIA

Pageant held in secret due to widespread intolerance

Transgender people and gay activists from across Indonesia have defied a wave of hatred against sexual minorities to crown a Miss Transgender at a national pageant held in absolute secrecy.

A handful of journalists were notified just a few hours in advance of the location of the event, held in the capital, Jakarta, to prevent any attempts by Islamic hard-liners to shut down the pageant. And because of the risk of discovery and violence, organizers asked those present not to post anything on social media during the contest.

Qienabh Tappii, a 28-year-old representing Jakarta who wore a figure-hugging, iridescent metallic gown, triumphed over more than 30 other contestants Friday night to be crowned Miss Waria Indonesia 2016. She will represent Indonesia at an international pageant



Qienabh Tappii, centre, holds her trophy as she stands on the stage with first runner-up Sefty Castanyo, left, and third-place winner Amanda Sandova, right, after winning the Miss Waria Indonesia pageant in Jakarta last Friday. DITA ALANGKARA/THE ASSOCIATED PRESS

to be held in Thailand next year. "Waria" is the Indonesian word for transgender, a term for people whose sense of their gender is different from their sex at birth.

"I'm very happy, I feel like I want to cry," said Tappii, standing next to a 2-metre (6.5-foot)

-tall gold and red trophy while cradling a smaller one.

"Tonight is the beginning of my struggle for my rights as a waria," she said. "I want waria to be accepted, appreciated and understood in our society, and to be equal with other Indonesians. I will work really hard to

achieve it."

The successful staging of the pageant was an important morale boost and self-affirmation for a community that is increasingly under siege.

Indonesia, the world's most populous Muslim nation, is often held up as practising a

"I want waria (transgender) to be accepted, appreciated and understood in our society, and to be equal with other Indonesians."

Qienabh Tappii

moderate form of Islam. But that reputation for tolerance has been undermined in the past year as the media and religious and political leaders stoked prejudice against lesbian, gay, bisexual and transgender people, framing them as a threat to the nation.

Indonesia's conservatives want to push LGBT people back into the margins of society and deny them legal rights. This agenda clashes with the traditions of some cultures in ethnically diverse Indonesia that have for centuries allowed space for different genders and sexual identities.

THE ASSOCIATED PRESS

PAKISTAN

Video of flogging leads to arrests

A Pakistani officer says police have arrested 10 members of a criminal gang who flogged a transgender person and posted the incident on social media.

Iqbal Sindhu says Monday's arrests were made in the eastern Pakistani city of Sialkot after a video of the flogging was shared thousands of times on social media.

The gang's leader, identified as Jajja Butt, is seen in the video flogging the transgender man, who lay face down on a cot screaming in pain.

At one point, while another gang member continues the flogging, Butt places his foot on the victim's neck and twists his arms.

Transgender people in Pakistan are social outcasts — often forced into begging, dancing and prostitution to earn money.

THE ASSOCIATED PRESS

UNWRAP A DEAL

KIA

METRO OFFER ONLY!
WHEN THEY ARE GONE, THEY ARE GONE

LIMITED QUANTITY AVAILABLE

2016 FORTE 5 LX+ AUTOMATIC

WAS \$20,695* NOW **\$13,990*** PLUS FRT TAXES & FEES

Drive away pricing!

FINANCE FROM **\$119*** BI-WEEKLY ALL FEES + HST INCLUDED! 84 MONTHS

OR LEASE FROM **\$119*** BI-WEEKLY + HST 60 MONTHS

5 YEAR
100,000 KM WARRANTY

• COMPREHENSIVE
• POWERTRAIN
• ROADSIDE ASSISTANCE
• 100% TRANSFERABLE

KIA PROTECT™
Job Loss Protection

Kia will pay the cost of Job Loss Insurance that will cover up to 6 months of your first year's lease or finance payments — to a maximum of \$3,000 — in the event that you lose your job. Conditions apply. See your retailer for complete details.

O'REGAN'S
DRIVING HIGHER STANDARDS

KIA HALIFAX DARTMOUTH

HALIFAX | 3330 KEMPT ROAD | 902-453-3477 DARTMOUTH | 402 WINDMILL ROAD | 902-466-9550 OREGANSKIA.COM

*See dealer for details. Model may not be shown exactly as shown. Offers may change without notice and may not include taxes, registration, insurance, and licensing fees unless noted otherwise. Lease includes 20,000 KM per year. See O'Regan's Kia Halifax or Dartmouth locations for details.

KIA
The Power to Surprise

REFLECTION

Never far from Fidel

When Metro graphics editor **Andres Plana** found a picture of his grandmother cheering Fidel Castro in a 1959 issue of Life, he uncovered a part of his family's history and gained new perspective on the world and the power of photography. As Justin Trudeau embarks on a historic trip to Havana, Andres reflects on the regime that altered the course his life.



Andres Plana
Metro | Toronto

Recently, I was in a WhatsApp group chat with members of my rather large extended family. Hailing from Latin America, we've dispersed around the world looking for better lives. Some have gone as far as China and Dubai. We maintain this chat as the best way to stay in touch.

On this particular day, out of nowhere, my brother posted an image with Fidel Castro shaking hands with a crowd in Havana. Not knowing what it meant, I disregarded it until my girlfriend told me my grandmother and aunt could be seen in the crowd.

Shaken, I immediately called my grandmother, Maria Amparo Cabrera de Plana (everyone calls her "Chiche"), in Miami. "Oh yeah, the photo with Fidel," she said, as matter-of-factly as could be. She sounded almost purposefully unimpressed.

I was suddenly obsessed with finding a physical copy of the photo, which my family told me had been published in Life Magazine. I searched public libraries, I contacted the archives at Time Inc. and I scoured Amazon and eBay, where eventually I found two copies of the Jan. 19, 1959 edition, dedicated to the man whose charisma helped drive the Cuban revolution to victory.

I had the magazine, but it still wasn't enough. My grandmother had been present — physically present — at a moment that changed the world. I had to talk to her in person.

I bought a ticket to Miami and soon found myself blasted by AC while sit-



A scan of the original Life magazine spread documenting Castro's parade in Havana

Chiche Cabrera's face among the jubilation

ting in my aunt's dining room. My father, my sister and I wide-eyed and rapt, my beautiful grandmother dressed up because she knew she was getting her photo taken — all of us flipping through that issue of Life, page by page, travelling back in time.

It was 1959. The revolution led by Fidel Castro, his brother Raul and Ernesto "Che" Guevara had just taken down the dictator, Batista. It was a time of celebration. Castro didn't have to hide during those early parades, my grandmother said. (A curious remark, it seemed to me.) "He had his route planned," she told me, in Spanish. "He wanted there to be lots of people on the streets with him."

The euphoria of that day didn't last, of course. The imprisonments, the executions, the fear — they came quickly.

Within six months, my grandparents, along with my dad and his two siblings, had fled to Mexico. Ten years later, they moved to Venezuela — where I was

born — to follow the oil industry. Cut to 1998: Venezuela elects Hugo Chavez, who cultivates a close alliance with Cuba. Once again, the story of my family became entangled with Castro. Over time the situation in Venezuela deteriorated. Eventually we decided, again, that we needed to leave. This is how I came to Canada.

Today, Justin Trudeau travels to Cuba, and for a third time the public legacy of the old revolutionary-

turned-dictator intersects with my family. I hope this time it's for the best. I don't want to hate Fidel Castro. After all, in a weird way, he made me what I am. Still, I know that I'll always have someone to blame for the sadness I feel when I wave goodbye to my family at the airport, hoping to see them again soon.



Chiche Cabrera, the author's grandmother, looks at the Life spread in Miami earlier this year. ANDRES PLANA/METRO

Why is it that big boxes have such small tax burdens?

HALIFAX MATTERS

Tristan Cleveland



Good news.

Our new Halifax regional council has barely sat and already, the Nova Scotia government has cleared the way for them to make one of the city's most needed reforms. As of last week, Halifax has the power to change how it taxes businesses.

Perversely, we have long taxed our local shops more severely than we tax big-box stores. It's crazy: in just about every way you measure it, business parks like Bayers Lake and Dartmouth Crossing cost us more and do less for our economy.

Walmart sprawls. Its property is the size of every single commercial property on the south side of Quinpool Road combined, plus two-thirds of the street's north side. Walmart pays, however, a quarter of the property tax.

For cities, space is money. Nearly everything the city provides — road maintenance, pipes, plowing, garbage pickup, emergency response, police patrol, local parks, transit, etc. — costs more the greater the distance between doors.

When we can fit more than 68 businesses inside the space of one business, it costs the city a heck of a lot less to service them. And yet we charge them four times more.

It gets worse. Big-box stores can only exist because

of expensive infrastructure like highway interchanges and wide arterial roads. On Quinpool Road, many people just walk.

I could go on ... and I will.

Main streets support entrepreneurship while business parks only support multinationals. The proportion of local businesses' revenue that stays in the local economy is three times greater.

Local main streets improve health by making it viable for people to walk and take transit. People visit and move to cities for their main streets; they absolutely do not for their business parks.

Local main streets are a solution to climate change; car-dependent business parks help cause it.

Given all this, it would be only right to reduce the tax burden for main streets that use land efficiently and that encourage walking, biking and transit.

Some who oppose reforming commercial taxes say it would mean the government has to pick winners and losers. The problem is that our tax scheme already picks winners, and right now that winner is Bayers Lake.

Taxes always favour someone, so let's rebalance them to encourage businesses that improve health, lower our carbon impact, increase local identity, multiply local spending, and reduce costs.

This is our council. If it represents us, it should create a tax scheme that helps Halifax, not Walmart.

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES
adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE 

PHILOSOPHER CAT
by Jason Logan

SUCH TRUTH AS OPPOSETH NO MAN'S PROFIT NOR PLEASURE IS TO ALL MEN WELCOME.



HOBBS

Philosopher cat now at
www.mymetrostore.ca



Judge orders Brendan Dassey, one of the subjects featured on Netflix's *Making a Murderer* documentary, released from prison.

DON'T GO VIRAL YOUR GUIDE TO 21ST CENTURY STIS

Many of us think sexually transmitted infections only happen to other people. But outbreaks are popping up around the country, and infection rates, even of practically forgotten diseases like syphilis, are increasing in nearly every age group. Right now no one is quite sure why. It might have to do with unprotected oral sex, or increasing IV drug use. Even hookup apps like Tinder and Grindr have taken some of the blame (though no studies have yet shown they're any more likely to result in STIs than meeting people the old fashioned way). We all know using condoms and getting tested regularly are the best defence, but **here's what else you need to know.**

GENNA BUCK/METRO



CHLAMYDIA

What is it? A bacterial STI that can cause itching, discharge and burning during urination in both sexes. Women sometimes have bleeding between periods or after sex, but often have no symptoms at all. Long term, it can cause pelvic inflammatory disease in women and infertility in both sexes. It may infect the eyes, mouth and rectum as well.

What's new?

Chlamydia has been rising in Canada since the 1990s. It increased by 72 per cent from 2001 to 2010 alone.

GONORRHEA

What is it? A bacterial STI with very similar symptoms and long-term consequences as chlamydia, though it's much less common. Only a lab test can tell for sure. Unlike chlamydia, gonorrhea can, rarely, cause a serious disease with high fever and swollen joints.

What's new? Gonorrhea increased by 40 per cent from 2003 to 2012. Some cities, like Toronto, have seen a jump since 2015.

What can be done? Condoms and testing are the best defences against chlamydia and gonorrhea. Treatment is antibiotics. For gonorrhea, which is resistant to all but a few, you might need several different drugs.

HIV

What is it? Human immunodeficiency virus (HIV) is a blood-borne virus that attacks the immune system, leaving you vulnerable to infections. You can get it through sex (anal, vaginal or oral), or blood, such as by sharing needles, or (historically) receiving a blood transfusion. It can also pass from mother to child. Drugs called antiretrovirals can prevent HIV from developing into life-threatening Acquired Immunodeficiency Syndrome (AIDS).

What's new? There's good news and bad news. Thanks to modern medicine, HIV-positive people are living long, healthy lives with little to no chance of infecting others. On the other hand, there have recently been new outbreaks of HIV reported in places like Saskatchewan, the B.C. interior and London, Ont.

What can you do?

Use condoms and (obviously) don't share needles. People at high risk can also consider pre-exposure prophylaxis (PrEP), a daily pill that can prevent HIV from taking hold in the body even if you're exposed.

SYPHILIS

What is it? Syphilis is a bacterial infection that can progress into a devastating disease if left untreated. It's spread by sex as well as from mother to child. In adults, syphilis usually starts with a firm, painless, often-overlooked sore called a chancre on the genitals. Second-stage symptoms are fever, malaise, headache and a spotty red rash. The infection can then hibernate in the body for up to 15 years before reappearing in any number of nightmarish forms: As a progressive, severe neurological and psychiatric condition, as heart disease, or as large, tumour-like lumps all over the body.

What's new? Toronto has seen a scary spike in syphilis over the past year, mostly in gay men. Public health officials think unprotected oral sex may be to blame.

What can you do?

Use condoms! Thanks to antibiotics, syphilis is now curable. It has a nasty habit of showing up in people who have HIV, and it's one reason it's important to have safe sex even if you're HIV positive and only have sex with other HIV-positive people. That's true for many STIs: One type often leads to another, because sores or irritated skin give germs an easier path into the body.

HPV

What is it? Human Papilloma Viruses (HPV) are sexually transmitted viruses that cause genital warts and can lead to heck, neck, mouth, throat, cervical and penile cancers.

What's new? There's been a steep rise in mouth and throat cancers in Canadian men (56 per cent between 1992 and 2012). Smoking and drinking are definitely culprits. But emerging research shows HPV is a much more important risk factor than previously thought.

What can you do?

HPV is crazy common, and because it infects many parts of the body, condoms only provide partial protection. For women, getting a pap test every three years (or more often if you're high risk) can catch HPV-related changes early, when they're more treatable. Vaccinations are available for boys, girls and adults (coverage varies by province) against the nastiest strains of HPV. They've been shown to dramatically reduce cervical cancers caused by the virus.

HERPES

What is it? Genital herpes is a common infection caused by the same virus as cold sores. In some people, it appears as an outbreak of blisters around the genitals, rectum or mouth. They burst and leave painful sores that take weeks to heal. Others have few or no symptoms. Herpes is lifelong, but outbreaks usually become less severe and frequent as years pass. You can pass herpes on whether or not you're having symptoms.

What's new?

Several therapeutic vaccines (for people who already have herpes) are in the works. A 12-month clinical trial published last month found a 65 per cent reduction in outbreaks among people who had the vaccine. And there's hope for a preventative vaccine in the future.

What can be done?

Condoms lower the risk of passing on herpes, but don't eliminate it. Antiviral medications can help clear up an outbreak and reduce your chance of infecting someone else.

WHAT TO SAY?

Asking a new partner about STIs, or telling them you have one, is just the worst. But it has to be done, says Jenelle Marie Pierce, founder of The STD Project.

On her site she cautions against the question "Are you clean?" because absolutely anybody who has sex can get an STI. Having the bad luck to contract one doesn't make you dirty.

Deciding how and when to tell a partner you have an STI is even trickier: It's not the most important thing about you, so disclosing on a first date seems like a bit much. But if you wait until you've gotten close, the news can come as a shock.

Pierce has only one rule about when to disclose:

You have to have the conversation before you have sex — any kind of sex.

Other than that, it's up to you. Her advice:

- Talk in person, and in private. No texts!
- Be honest and positive about yourself and your STI.
- Share the facts in a no-nonsense way and answer questions.
- Then leave, and give them some time to digest the facts on their own.
- Lastly, (this is easier said than done) do your best not to take their reaction personally.

BANKRUPTCY

American Apparel files for protection

American Apparel is seeking bankruptcy protection for the second time in just over a year, unable to find its footing in a shifting retail landscape and after a contentious fight for control with company founder Dov Charney.

Canada's Gildan Activewear is buying the American Apparel brand, notorious for sexually provocative ad campaigns, for \$66 million.

The Los Angeles retailer first filed for Chapter 11 bankruptcy protection in October 2015, about a year after it fired Charney for violating its sexual harassment policy. Charney's lengthy legal campaign to retake control of the company was rejected by a bankruptcy court judge in January.

Charney denies the sexual harassment charges and has claimed the company was taken from him in a "coup."

The company brought in CEO Paula Schneider to usher the company out of bankruptcy, but she left earlier this year as the turnaround stalled.

For more than a decade,

American Apparel has been defined by, and criticized for, its racy ads, often depicting barely-dressed young women in sexually suggestive poses.

Though the ad campaign helped put American Apparel on the map, it has struggled like other retailers since the recession. A host of mall staples — Aeropostale, Pacific Sunwear, Wet Seal and Deilia's — have also filed for bankruptcy protection in the past few years.

Even as department stores like Macy's, Kohl's and Penney's prepare for a holiday season that may be the best in years, they have been unable to produce consistently positive results because consumer behaviour has shifted so drastically, both in where and what is bought.

Many more people shop online, and more dollars are going toward technology, travel, or nights out.

American Apparel, which manufactures all of its clothes in the U.S., has lost money every year since 2010.

THE ASSOCIATED PRESS



Gildan Activewear Inc. says it has signed a deal to buy the American Apparel brand for \$66 million. THE CANADIAN PRESS

TV BRIEFS

Canadian aboriginal network to expand to U.S.

Media businesses everywhere are scrambling for new ideas to boost their increasingly fragmented and distracted audience.

Sky Bridges, chief operating officer of the Aboriginal People's Television Network, thinks he's found one.

"This is absolutely the last great opportunity for cable and satellite networks to launch a service that will reach a never-served market," he said.

The excitement comes from the network's expansion plans. APTN expects to begin providing what Bridges says is the first indigenous-centred broadcasts to Americans as early as next year.

The need — and market — is obvious, said Bridges from Toronto.

Market research conducted by APTN suggests 70 per cent of native Americans felt unrepresented in cable offerings.

The U.S. has at least 17 million people claiming full or part indigenous heritage.

THE CANADIAN PRESS



Sky Bridges, APTN

Don't get burned by the recent charcoal hype

ACTIVATED CHARCOAL THE REALITY

• Charcoal is porous, so it absorbs whatever is around it — good, bad, or otherwise, says Julia Carroll of Compass Dermatology. "So when you transition it into the beauty world, it can absorb oils, dirt, and water as well," she says.

• If you're drinking a charcoal-infused juice, it could be extracting all the healthy nutrients from the drink, adds Clare Wiseman, who is with Dalla Lana School of Public Health.



Lauren Pelley, pictured, didn't see or feel any difference in her skin after using an activated charcoal face mask. Experts she talked to on the subject also debunked some claims the beauty industry has made about the benefits of charcoal. CONTRIBUTED/TORSTAR NEWS SERVICE

COSMETICS

Experts say it isn't helping our teeth, skin and hangovers

Lauren Pelley
Torstar News Service

According to bloggers and women's magazines, the beauty benefits of activated charcoal are numerous. You can use charcoal face masks to unplug your pores, charcoal toothpaste to whiten your smile, and drink charcoal-infused juices to "detox" your gut.

Last year Allure called activated charcoal "the beauty ingredient of the moment." And on Gwyneth Paltrow's blog Goop, a Hollywood juicery's charcoal lemonade made her best juice cleanses round-up. It is called "delicious, despite the suspiciousness of drinking montmorillonite clay and activated charcoal." You'll also find the black stuff in everything from face creams to ingestible capsules. But does it live up to all the hype?

After testing out a charcoal face mask for myself — a \$35 offering from Clinique that made my skin feel temporarily extra tight and oil-free — I went to the experts.

Clare Wiseman, an assistant professor with both the Dalla Lana School of Public Health and with the University of Toronto's School of the Environment, explains activated charcoal is created by burning material — ranging from petroleum-based products to coal, wood, or coconut shells — to create a char that is treated through high heat and an activating agent, enabling it to absorb more contaminants.

It's used in air filtration systems and given to patients during accidental poisonings. That second usage in emergency rooms is where a lot of the "lore" comes from with charcoal, says Dr. Julia Carroll, founder and director of Toronto-based Compass Dermatology and a lecturer at the University of Toronto.

"It's porous, so it absorbs whatever is around it — good, bad, or otherwise — so when you transition it into the beauty world, it can absorb oils, dirt, and water as well," Carroll says. Charcoal is safe when used topically, but could irritate sensitive skin, she adds.

What about using it internally? Charcoal-infused drinks and pills are trendy, but Carroll questions their efficacy.

"People say it helps hangovers and toxins, but there's no evidence for that," she says. And charcoal's spongelike quality also means good nutrients could be absorbed alongside

the stuff people want to get rid of. "It doesn't discern between good and bad," Carroll explains.

In other words, if you're drinking a charcoal-infused juice, the charcoal could be extracting all the healthy nutrients from the drink. "It potentially defeats the purpose," says Wiseman. "It could potentially absorb all the good stuff as well, and your body would be wasting those nutrients."

Another popular charcoal usage — teeth whitening — also raised eyebrows among the experts.

Despite claims that charcoal can bind to plaque, there's no evidence it really works, says Wiseman.

"I can't see any advantage of using (activated charcoal) as a toothpaste substitute," says Toronto dentist Dr. Jeff Shnall. Regular toothpaste is quite effective at stain removal, and gentler on dental work than abrasive activated charcoal powder, he adds.

While charcoal can scrub superficial stains off teeth, Shnall says the grains could find their way into the crevices and teeth and dental work, which could be tricky to remove. At best, he says, the charcoal would only remove surface stains, limiting its whitening ability because it doesn't penetrate teeth like professional whitening products. From a price perspective, charcoal-



People say it helps hangovers and toxins but there is no evidence of that.

Dr. Julia Carroll, founder and director of Compass Dermatology and a lecturer at the University of Toronto.

based products are often on par with other beauty buys. (There are various charcoal toothpastes and face scrubs online for less than \$10, for instance.)

But with a lack of evidence supporting its use, charcoal doesn't live up to the beauty blogger buzz — but if brushing your teeth with it or lathering on a black face mask is your jam, it probably won't hurt you, either.

"It's not something that's in my regular routine to recommend," Carroll says. "If someone's using a charcoal-based product and they're happy with it, I won't stop them."

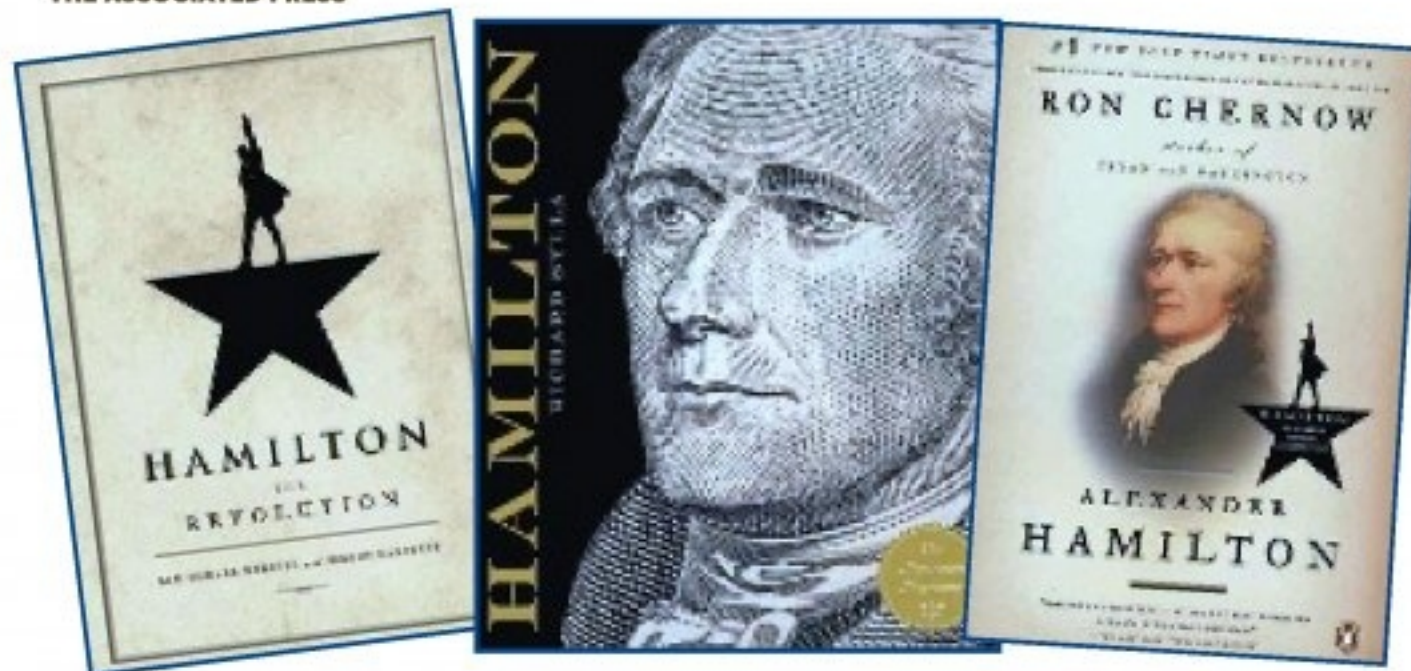
In my case, using a charcoal face mask on my always-sensitive skin didn't seem to have any long-lasting effects. My T-zone was oily within a few hours, my pores didn't seem to shrink, and I actually spotted a couple new breakouts. Sigh.

I'll stick to my drugstore soap.

PERFECT GIFTS FOR THAT HAMILTON-LOVING FAN

Hamilton obsessives have had a long time to, well, obsess, but their favourite musical is spreading its wings to other locales and new, gift-worthy goodies continue to surface.

THE ASSOCIATED PRESS



Read up on the history

Alexander Hamilton, by Ron Chernow. The bestseller that started it all has been out since 2005, but at 832 pages it may feel daunting to theatre lovers who are not necessarily historical biography book lovers. Presenting it as a gift may be just the needed hurdle jump. Too wonky? Then gift **Hamilton: The Revolution** instead. It's the Tony-winning musical's libretto with footnotes, photos and interviews, by the man himself, Lin-Manuel Miranda, and Jeremy McCarter. Or **Alexander Hamilton: The Illustrated Biography, by Richard Sylla.** Because, beautiful illustrations.



Fan fare for the family

Oh so many onesies are out there, along with cutie bite-size T-shirts and other little-fan fare with favourite characters, lines and emblems. Look for sippy cups emblazoned with the visage of the man himself in full colour, along with pacifiers. For older kids, take your choice of shirts, mugs, phone cases, notebooks. We could go on. Start 'em early, parents. Search around for just the right one. Plentiful.



Listen up

The Hamilton Mixtape, by Miranda and Questlove, who executive produced the Grammy-winning cast album. Miranda has been teasing the 23-track Mixtape on social media and it will be out in plenty of time for the holidays — on Dec. 2, with pre-orders that started Nov. 4. It's an ode to the hip-hop roots of the show. **Simply Christmas, by Leslie Odom Jr.** For the gift recipient feeling nostalgic about the original cast. This former Aaron Burr reinterprets eight holiday classics. Widely available.



Take a chance

Be a lottery sitter, especially if you can't afford to gift actual hot tickets to the hot show that's been sold out forever. By lottery sitter, we mean online lottery sitter. Offer to enter your extra special fan in the online Broadway ticket lottery every show day for — hey, it's a gift — two months. That's every day. Tickets are \$10 if you win. Details are here and read them carefully: lottery.broadway-direct.com/faq/



JOHANNA SCHNELLER WHAT I'M WATCHING

A detail-rich drama

THE SHOW: *The Crown*, S1, E2 (Netflix)
THE MOMENT: *The King's Death*

Despite his failing health, King George (Jared Harris) had a lovely day at Sandringham, his country estate. He hunted, sang a duet with his younger daughter Margaret (Vanessa Kirby), and watched on television as his elder daughter, Elizabeth (Claire Foy), arrived in Nairobi on her Commonwealth tour.

The next morning, George's valet and three footmen arrive to wake him. "7:30, sir," the valet says — then stops cold. Gently, he feels the King's wrist. He lays the hand on George's chest. Briefly, he rests his forehead on it.

The next five minutes is pretty much just shots of normally reserved English people, running. The valet runs down the stairs. George's wife (Victoria Hamilton) runs into his room. Margaret, coming into the hall, watches servants run by, and knows what happened. A black car pulls up to 10 Downing Street; three people walk in very briskly. Churchill (John Lithgow) hangs his bull-dog head.



Claire Foy's note-perfect accent in the Netflix series *The Crown* is sure to draw you in. CONTRIBUTED

"Call the foreign secretary," he says. "Tell him 'Hyde Park Corner.' He'll understand."

If hearing Foy's note-perfect accent — her Elizabeth pronounces her new husband's name "Phil-yip" — doesn't immediately convince you that you're in excellent hands with this series, then this bloody good sequence will.

Writer/creator Peter Morgan knows his way around a throne; he's previously written *Henry VIII*, *The Last King of Scotland*,

The Other Boleyn Girl and *The Queen*. Producer/director Stephen Daldry (*The Hours*) is his perfect partner. Together they whip up detail-rich, inside-the-palace drama that feels so convincing, you'll swear it was transcribed directly from the valet's diary. Delicious.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Gilly

Domestic Short Hair

Adorable Gilly was found as a stray a while ago and brought to the SPCA, and she was adopted pretty quickly. Unfortunately her new family discovered that Gilly can't share her home with other pets although she loved the humans, both adults and children. She is ready to thrive again as the one and only feline in a loving home. Gilly is about 10 years old, and has lots of personality and uses her voice to express herself. She is ready to leave shelter life behind, and head off to her forever home where she will no doubt chatter with her new humans and enjoy whatever spoiling you are prepared to give her. **Her adoption fee has been reduced.**



For more information on Gilly and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

BROUGHT TO YOU BY:



Halifax's Home for Pet Supplies, Grooming, Training and Dog Daycare!



METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Junior linemates making their marks on big stage

NHL

Marner, Dvorak and Tkachuk's 'special bond' carries on

Forever linked by their junior hockey success, Matthew Tkachuk, Mitch Marner and Christian Dvorak keep tabs on each other's progress in their rookie NHL seasons.

The night of Nov. 3 had the former London Knights linemates working their phones on a group chat.

Tkachuk scored twice for the Calgary Flames, Marner twice for the Toronto Maple Leafs and Dvorak scored his first NHL goal for the Arizona Coyotes in wins for all three teams.

"We all thought it was pretty funny we all had good nights on the same day," Dvorak told The Canadian Press from Phoenix.

Snapchat and group texting are their preferred modes of communication.

"I talk to them quite a bit," Marner said in Toronto. "I talk to Devo pretty much every day, Chucky I talk to once a week. Just talk about how everything's going and how they like it."



Matthew Tkachuk
GETTY IMAGES

The trio dominated Ontario Hockey League scoring with a combined 121 goals in the 2015-16 regular season. Marner, Tkachuk and Dvorak ranked first to third respectively in post-season scoring en route to an OHL title.

Marner was the Memorial Cup's most valuable player and leading scorer with two goals and a dozen assists in four games.

Tkachuk scored twice and Dvorak once in London's 3-2 overtime win over the Rouyn-Noranda Huskies in the Memorial Cup final.

At the time, Tkachuk thought his overtime winner deflected off Dvorak's back.

"I think we'll be friends for a whole lifetime," Dvorak said. "It's a pretty special bond we have."

The former Knights stars now see each other on opposite sides of the puck. The Flames host Dvorak's Coyotes on Wednesday and Marner's Leafs on Nov. 30.

"It'll be cool to play against



Mitch Marner, left, and Christian Dvorak hoist the Memorial Cup after leading the London Knights to the CHL championship on May 29 in Red Deer, Alta. CODIE MCLACHLAN/GETTY IMAGES

them," Tkachuk said. "Obviously they're both on really good, young up-and-coming teams. Their teams are kind of similar to us."

Marner, 19, ranked third among NHL rookies in scoring Monday with five goals and seven assists in 15 games.

Tkachuk, 18, has three goals and three assists in a dozen games. Dvorak, 20, has a goal and four assists in 12 games.

Capping their major junior careers with a long and successful post-season may have set the table for Tkachuk, Marner and Dvorak to take that large step

to the NHL.

"It's obviously on a crazy new level, but it definitely prepared us," Tkachuk said.

Added Dvorak: "I don't know if it helped us make (our teams), but it definitely helped us become better players which could lead to that." THE CANADIAN PRESS

HOCKEY HALL OF FAME

Lindros a divisive power

Eric Lindros had a career that was without compare both on and off the ice.

Lindros, who finally entered the Hockey Hall of Fame alongside Rogie Vachon, Sergei Makarov and the late Pat Quinn on Monday, repeatedly balked at the rigged rules and systems in pro hockey, a true maverick in a sport where uniformity is cherished. He was also truly unique talent on the ice not seen before or since.

"He was probably the most dominant player during his time in the NHL," longtime Philadelphia Flyers teammate Rod Brind'Amour said.

At six-foot-four and more than 200 pounds, Lindros was like a freight train on skates, but one that had the agility and skills to move like a race car.

Brind'Amour's jaw remains agape when he recalls Lindros having his way with famed tough guy Marty McSorley.

Kevin Dineen believes his former teammate should be remembered as a progressive force, especially in the concussion awareness movement, someone who swerved left when everyone else might have gone right. His decisions might not have always looked right or pleased others, but they were right for Lindros and that, Dineen says, is what matters.

Lindros, who became notorious for spurning the Quebec Nordiques in 1991 after the team drafted him first overall, was limited to 760 regular-season games due to injuries and retired at age 34.

Regardless, Lindros made a dent on the sport.

"He's one in a lifetime," Brind'Amour said. "I don't know if you'll ever see a player like him because the game's changed so much now. The physical part of the game is kind of out the door. No kids growing up are trying to be like that." THE CANADIAN PRESS



Eric Lindros had 372 goals and 865 points. GETTY IMAGES

RUGBY

Moyse busts down door to Hall of Fame

Heather Moyse, whose achievements include three sports and Olympic gold, takes another remarkable step on her career path this week.

The 38-year-old from Summerside, P.E.I., now based in Toronto, enters the World Rugby Hall of Fame in England on Thursday with 11 others in a star-studded class. Moyse is just the second Canadian rugby player to be so honoured, joining former Canadian captain Gareth Rees.

Moyse and the others will



Heather Moyse
GETTY IMAGES FILE

be inducted into the Hall in Rugby, England.

Moyse won Olympic bobsled gold in 2010 and 2014 with Kaillie Humphries. She also represented Canada in the 2012 Pan-American Cycling Championships.

THE CANADIAN PRESS

IN BRIEF

Bautista, Encarnacion decline qualifying offers

Sluggers Jose Bautista and Edwin Encarnacion have rejected qualifying offers from the Toronto Blue Jays.

They had one week to decide whether to accept or decline the one-year offer worth \$17.2 million US. When a player declines a qualifying offer and signs elsewhere as a free agent, his former team receives draft-pick compensation.

THE CANADIAN PRESS

2018 OLYMPICS

Talks should reveal where NHL stands

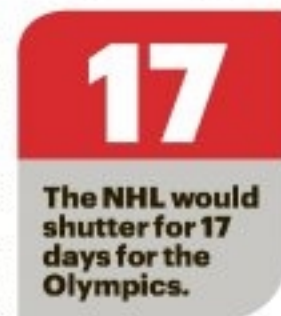
The NHL hopes to inch closer to a decision on the 2018 Olympics later this week.

League officials will meet with the International Ice Hockey Federation in New York on Wednesday. Deputy commissioner Bill Daly said the NHL hopes to learn if any traction has been made between the IIHF and the International Olympic Committee

with regard to potential sticking points for participation at the Games in South Korea.

The league hopes to learn if the IOC has budged at all with respect to money issues currently clouding the process. The IOC is resisting covering out-of-pocket payments it took care

of at the past five Olympics.



17
The NHL would shutter for 17 days for the Olympics.

THE CANADIAN PRESS

RECIPE Roasted Dijon Chicken



PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

If you add the roasted flavor with the sweet and spicy mustard sauce you get double the deliciousness in this simple one-pot supper.

Ready in
Prep time: 20 minutes
Cook time: Xx
Serves 4

Ingredients

- 6 skinless, boneless chicken thighs
- Salt and pepper
- 1 tsp oil
- 1 minced shallot
- 2 cloves garlic, minced
- 1 Tbsp Dijon mustard
- 1/4 cup apple cider
- 1/4 cup low-sodium chicken broth

Directions

1. Preheat oven to 425 F. Generously season chicken with salt and pepper.
2. Add oil to a large oven-safe skillet over medium heat. Add chicken and cook for 10 minutes (the meat will not be cooked through).
3. Transfer the skillet to the oven. Roast until chicken is cooked through, about 6-8 minutes.
4. Transfer chicken pieces to a platter. Return skillet to medium heat and add shallots and garlic; cook for about 1 minute. Whisk in Dijon mustard, apple cider, broth and a bit more salt and pepper; cook for about 3 minutes. Return chicken to skillet along with juices that have settled on the platter to rewarm. Serve with your favourite sides.

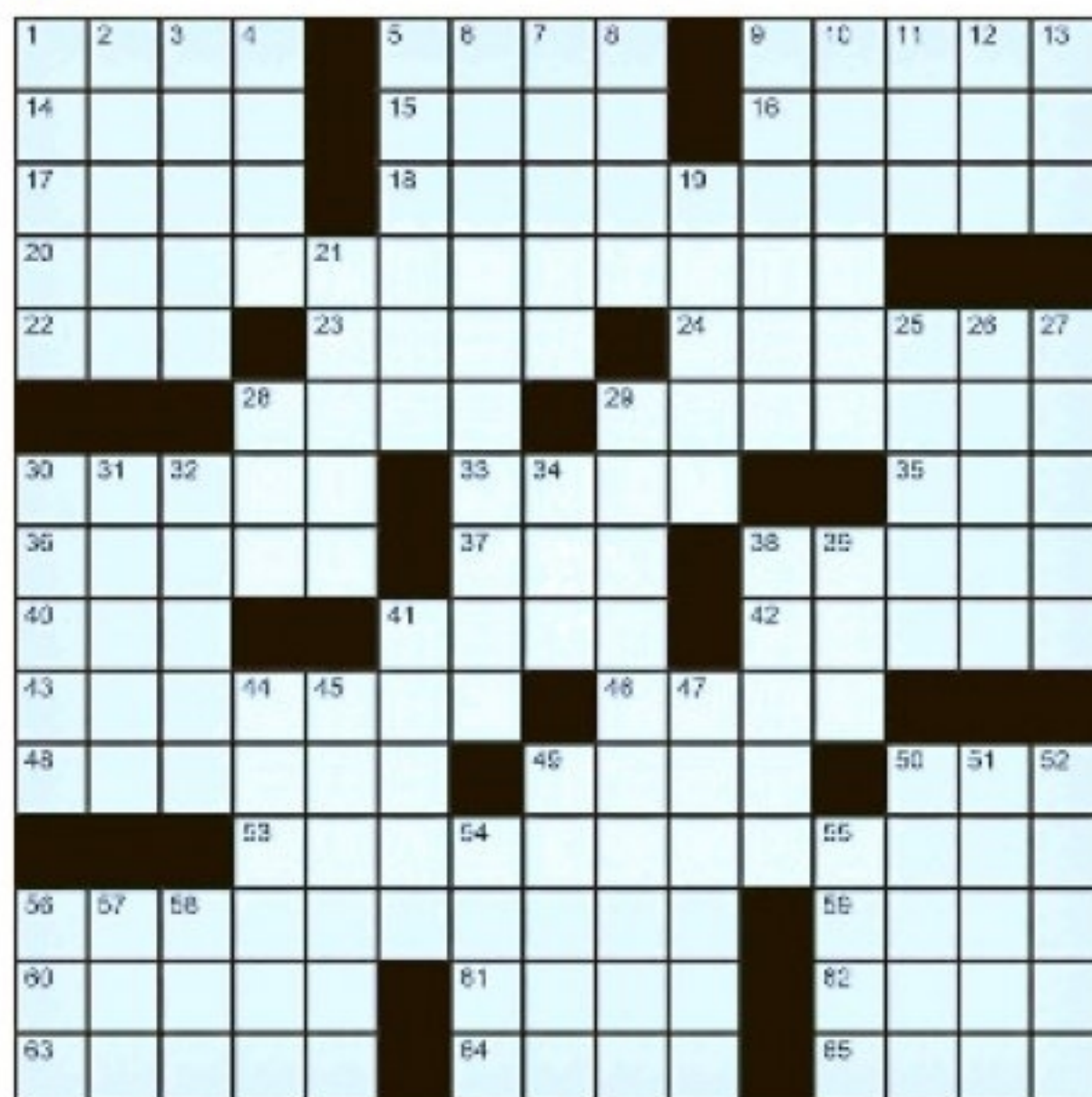
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. __ decision
5. Best-liked, fun-style
9. " __ Frutti" by Little Richard
14. Parlour scoop holder
15. "That's reeally going to happen.": 2 wds.
16. Workers' group
17. One who must pay
18. Eyewitnesses
20. Toronto-born actor (whose famous actor cousin is Raymond) who starred on the 1990s reboot of TV classic "Lassie" as Dr. Donald Stewart: 2 wds.
22. Certain caustic
23. Eyeglasses parts
24. From Madonna's "La Isla Bonita": "When it's time for __ you can watch them go by..."
28. __ and for all
29. Message transmitters
30. Rigoletto opera composer
33. Diplomacy
35. Putrefaction
36. Give off, as confidence
37. River inlet
38. ATM-user's motion with the card, maybe
40. Total
41. __ pickles
42. Not-leaving prisoner
43. Nutrition related
46. Radiate
48. Overseas
49. Barge __ (In-trude)



50. Even if, briefly
53. Carriage-pulling horses for The Royals of Britain: 2 wds.
56. Leftover flavour
59. Italian harp
60. Scottish estate proprietor
61. Car's fill-up
62. Long journey

63. Old West prop
64. Della Reese's role on "Touched by an Angel"
65. Hall & Oates' " __ Smile"

DOWN

1. Fiercely frown
2. "Never.": 2 wds.

3. Anoint, olde-style
4. Chipper
5. Material
6. Not balanced, as per patterns or arrangements
7. Travel endorsements
8. Immature newts
9. Listen to the

- radio: 2 wds.
10. Like naturally-hued hair
11. Bond
12. Maple Leafs city, wee-ly
13. Ruler measurements, e.g.
19. Strong point
21. Mr. Coombs of

- "Mr. Dressup"
25. Font flourish
26. Figure of speech
27. Michael-mas daisy
28. Not even, as numbers
29. Do, Re and Mi and more: 2 wds.
30. Roman goddess of the hearth
31. Outlying residential area
32. Hearsay, States-style
34. Feel flu-ish
38. Biblical weapon
39. Drollness
41. Billy Joel hit: "We __ Start the Fire"
44. Strengths
45. The Rachel, in the 1990s, for one
47. Gourmet mushrooms
49. Debated topic
50. The earth
51. Overly active
52. City of canals in Japan
54. Electro music's __ Punk
55. City rodents
56. Completely
57. Air travel overseer [acronym]
58. Poetic contraction

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a great day for study and intellectual discussions. It's also an excellent day to pursue opportunities in publishing, the media, medicine and the law.

Taurus April 21 - May 21
Travel for pleasure appeals. Investigate how the wealth and resources of others can help you get what you want.

Gemini May 22 - June 21
This is a positive day for you, because fiery Mars is energizing your ruler, Mercury. Naturally, conversations with partners and close friends will be lively!

Cancer June 22 - July 23
You will take a hands-on approach to your job today because you are full of bright ideas that you want to implement. It's a good day to talk to co-workers.

Leo July 24 - Aug. 23
You are a creative sign, and today is a creative day for you! Act on your artistic urges. Enjoy playful activities with younger people.

Virgo Aug. 24 - Sept. 23
You have lots of energy for family discussions and practical projects like home improvements. This is a good day to tackle home repairs and plan how to better secure where you live.

Libra Sept. 24 - Oct. 23
Today you are talkative, lively, energetic and interested in everything around you. This is a great day to meet new faces and see new places, because you are up for anything!

Scorpio Oct. 24 - Nov. 22
Trust your moneymaking ideas today, because you have lots of mental energy to think about earnings and cash flow. You also will be persuasive in financial discussions.

Sagittarius Nov. 23 - Dec. 21
Today Mercury is in your sign, dancing with fiery Mars. This makes you intellectually sharp, curious and verbally adroit. You can sell snow to the Eskimos!

Capricorn Dec. 22 - Jan. 20
This is a wonderful day for research of any kind, because not only are you mentally keen, you have lots of energy to seek out solutions to old problems and to find hidden answers.

Aquarius Jan. 21 - Feb. 19
Conversations with friends and groups will be successful today, because you know what you want to say and you won't hesitate to say it. People want to join your team!

Pisces Feb. 20 - March 20
This is a good day to talk to bosses, parents and VIPs about what you want, because people will listen to you today.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		9	4	6		2	
4	3					5		7
				7			4	
8			6					2
3		4				6		1
9					4			5
	1			6				
5		6					8	3
	4		5	2	3		1	

THE HANDY POCKET VERSION!

Get the news as it happens



metro



Download the Metro News App today at
metronews.ca/mobile

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games



3	7	4	1	5	8	9	6	2
2	8	6	7	3	9	4	5	1
9	5	1	4	2	6	7	8	3
8	4	2	9	1	5	6	3	7
5	3	9	6	4	7	1	2	8
6	1	7	2	8	3	5	9	4
7	2	5	3	9	1	8	4	6
4	6	8	5	7	2	3	1	9
1	9	3	8	6	4	2	7	5



different rocks it better

Raise your **Moto Z** with
JBL SoundBoost in the air.
Raise it like you just don't care.

motomods.com

different is better

Lenovo

All Moto Mods are sold separately. MOTOROLA, the Stylized M Logo, MOTO and the MOTO family of marks are trademarks of Motorola Trademark Holdings, LLC. LENOVO is a trademark of Lenovo. DROID is a trademark of Lucasfilm Ltd. and its related companies. Used under license. All other trademarks are the property of their respective owners. © 2016 Motorola Mobility LLC